Assessed for eligibility via online survey (N=916)

Excluded (N=797):
- not eligible (too low or severe sleep or/and depression symptoms) (N=624)
- psychiatric or medical condition and/or medical treatment (N=48)
- declined (N=78)
- cancelled initial assessment or did not turn up (N=21)
- could not be contacted (N=26)

Randomisation (N=119)

Duration: 1 week

Gratitude condition (N=40)
Waitlist condition (N=38)
Everyday events condition (N=41)

Laboratory visit 1
Laboratory visit 2
Laboratory visit 3
Laboratory visit 4

Baseline assessment (N=119)

Supplementary Fig 1. CONSORT flow diagram